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Nation

Merry Christmas

And Happy Holidays

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A 4x4 grid of 16 photographs. The photos show various groups of people, many in work attire like hard hats and safety vests, posing for group photos in different settings. The photos are arranged in four rows and four columns. The first row shows three people indoors, a group in winter gear outdoors, a group in safety vests outdoors, and a group in white uniforms outdoors. The second row shows a group in dark clothing indoors, a group in winter gear outdoors, a group in safety vests outdoors, and a group in white uniforms outdoors. The third row shows a group in winter gear outdoors, a close-up of a man's face, a group in safety vests outdoors, and a group in winter gear outdoors. The fourth row shows a group in safety vests outdoors, a group in winter gear outdoors, a group in safety vests outdoors, and a group in winter gear outdoors.



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All we need is...

By Steve Bonspiel and Will Nicholls

There has been an alarming increase in violent episodes in Eeyou Istchee in recent months and it's sad that some of it happened just in time for the holidays.

An even sadder part is the shame and degradation that comes with being jumped or attacked for no reason. When these incidents happen, the victims are so embarrassed and eager to put it behind them that they are very reluctant to discuss it.

Many times we get calls at *the Nation* informing us of violent episodes. Our reaction is to report it, but sometimes the victims want to stay out of the lime-light and they give us little or no information.

Here are just some of the incidents that have happened in the past two months:

- A Chief and two others attack a man at a Val d'Or hotel because of the strong words he used in an late-night political debate;

- An elderly handicapped woman is attacked for as yet unknown reasons in Chisasibi;

- A 21-year-old man attacks a taxi driver on his way to Nemaska, steals the car, hits a ditch, and then tries to hitch-hike home all bloodied up;

- A school committee member is involved in a scuffle with a principal.

Why is there so much infighting in Cree territory? Some have said the Paix des Braves brought with it riches and a clear dividing line and in at least one of the above-mentioned instances that's true.

But the real problem starts at home. Problems with alcohol and sexual and physical abuse need to be addressed and corrected.

Why are we taking our anger out on each other? More importantly, what can we do to stop it?

It's high time we take more responsibility for our actions and be man (or woman) enough to walk away from confrontational situations, especially at this time of year. It is supposed to be a time of sharing, caring and giving of one's self.

When you feel angry just step back and take a breath or two. Count to 10 or 100 if you need to.

If alcohol is involved we all know it's harder to calm down because your judgment is impaired. Try to think of it this way; a good time does not mean ruining someone else's good time. For the holidays let old rivalries drop by the wayside. You may find that by the end you have even forgotten them.

Another method is to look at something and say, "Will this matter tomorrow, next week or next month? Will it affect or change my life?" A court case involving assault charges will not improve your life, or the life of your family. Do you really want that? Wouldn't you rather try to find the root cause and do something to ensure it can't affect you that way again?

One other small trick is not to give your enemies or non-friends power over you. If their words make you angry then they are gaining power over you. Refuse to let that happen. If it's a friend ask them calmly what the problem is while reminding them you value their friendship.

Good luck and one last thing. If you see someone who looks lost, alone or depressed say hi and wish them Happy Holidays. Reaching out is something we all need to do at this time of year.

Merry Christmas and Happy New Year from all of us here at *the Nation*.

Contents

editorial

All we need is... 3

rez notes

Christmas Ghost of the future 4

news

Changes for AFN? 5

Nemaska man charged 5

In Brief 7

features

GCCEI celebrates 30 years 9

Crowing about Ka 13

Magical Mystere tour 17

Christmas Countdown! 23

Letters 29

Will on the Grill

Turkey Madness 19

Under the Northern Sky

What Is Christmas? 27



on the cover

Photo: Ernest Webb

Design: Martin Dubé

Christmas Ghost of the future

Every Christmas Holiday season, I notice that the Cree world speeds up a notch or two. Everyone has a destination to get to and a store or mall to hang around, wishing that their bank account was like Santa's bag of tricks, never-ending and magical-ly full of gifts and presents.

Although the season seems to be about giving gifts, it seems more like overextending one's ability to give. Giving is good, but if you just can't afford it, that's okay, too. After all, back in the day, there was no Christmas, just a time for people who were glad to make it to January with their stomachs full, ready to settle in for a long, cold winter, sort of like the bears we so admire and respect.

The big fat guy in the red suit is clearly and visibly marketing happiness and joy, while a strong resurgence of the newborn babe in the manger is also clearly more evident with our great passions for worship and prayer. Children, of course, anxiously call out every few hours the Christmas version of "Are we there yet?" or how many days left 'til the night before becomes reality?

The night before Christmas and all through the neighbourhood, the restless sleep of a child's waiting for the top 10 in wish fulfillment creates an environment only a mouse could appreciate, as parents are quietly wrapping gifts and sipping eggnog.

Putting together a wish list for those you love can be difficult sometimes, and your relationship with the retailer becomes closer than you know, because I think I know Barbie personally by now, just because I've bought nearly all her clothing lines and vehicles, as



dolls top the wish list in the little girl department. Buying things for boys are easy, as all good boys tend to like the same things – anything that goes pop, everything with wheels, and all things that make noise.

When little girls grow into big girls, things get complicated. Dolls or makeup, clothes or jewellery, cash or credit (the last item becomes a year-round Christmas wish). Boys, however, as they turn older, need funny-looking clothing and indiscernible music; powerfully odorous sprays that limit the amount of oxygen in the immediate area and of course, anything that uses gasoline. As for some hockey players I know, the two front teef are an immediate priority.

Families aside, I'd like to look into the future to see what Santa has in store for us at Christmas as a Nation... a new 500-year deal for Eeyou... gold and diamond mines in every back yard... non-alcoholic bars... jobs for everyone, even for those who don't want to work... daycares for every 20 kids or one in each cluster or neighbourhood... the same for the elderly... a 100 per cent graduation rate... a skidoo in the back and a car in the front... a few NHLers ... and other gluttonous items. Perhaps if we set our sights on the future, maybe we can overcome the ghosts of the past Christmases and create a new future based on who we are.

Yes, Christmas is a time for sharing, so let's get into receiving mode and hope to be disappointed only by bad weather or if the sun doesn't shine.

Merry Christmas fans and friends!

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Renewal Commission says all Natives should elect AFN chief

Story By Steve Bonspiel

The Assembly of First Nations Renewal Commission (AFNRC) has released its nearly 300-page report containing 47 recommendations for reorganizing the AFN.

The commission was formed 18 months ago to examine the purpose and structure of the national organization representing nearly a million First Nations citizens across Canada.

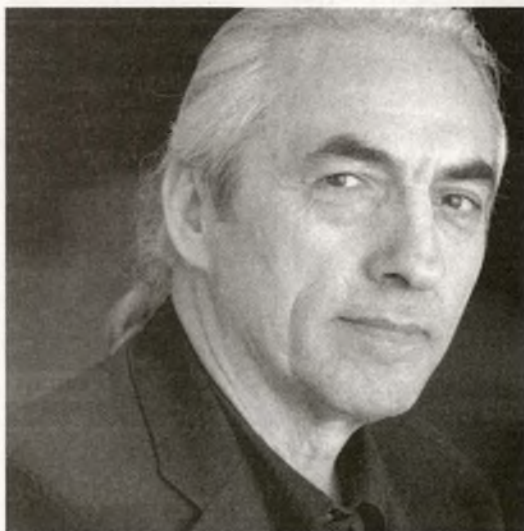
Among other recommendations, the report calls for the election of the National Chief through a democratic electoral system of all Native people, instead of just the 633 Chiefs across Canada.

It also says the AFN should be given greater standing within the Canadian confederation. It recommended that the AFN focus on political advocacy of Aboriginal rights and issues, forging protocols and strategic alliances with First Nations themselves and with other Aboriginal organizations to develop a unified voice and to facilitate the delivery of services to First Nations communities.

The report, subtitled "A Treaty Among Ourselves," was presented to First Nations leaders at a Special Chiefs Assembly in Ottawa December 8. The report's recommendations will be considered by a Special Assembly of the AFN in the spring.

The Renewal Commission was formed in December 2003 when National Chief Phil Fontaine requested its creation to examine the charter of the AFN and make recommendations on how to improve the organization.

The AFN was more than 20 years old, and its structures and processes had not evolved in step with the First Nations communities. With recent court cases and land claims literally changing the landscape of Canada's First Nations, a huge contingent of First Nations peoples living in major urban



Phil Fontaine, National Chief

centres, and an increasingly young demographic, it was time for a change.

First Nations citizens responded enthusiastically to the renewal initiative, and their input is the basis of the report, said Commission Co-chair Wendy John.

"We listened to the First Nations peoples of Canada and this report is wholly representative of our peoples' thoughts and wishes for the national organization that represents them," she said in a press release. "The recommendations are far-reaching, covering topics from self-government to women's rights, from organizational structure to youth initiatives."

Nemaska man charged with beating taxi driver

Story By Steve Bonspiel

Charlie Robert Junior Trapper might be spending his holidays in jail.

Trapper, 21, was coming out of a bar in Chibougamau on December 9 when he decided to jump into a cab and head towards Nemaska. His modus operandi became clearer once they got on the Route du Nord, the Sureté de Québec alleges.

"That is when he attacked the driver, and took the car," said SQ spokesperson Pierre Lavoie. The 65-year-old driver ended up with severe bruises on his face, Lavoie told *the Nation*, after allegedly receiving numerous punches to the head from Trapper.

"I saw pictures and his face had cuts on it and his eyes were swollen," he said.

After hitting the ditch about 60 kilometres from Chibougamau, Trapper got out of the car and tried to hitchhike to Nemaska. The person who picked him up noticed the blood and called the SQ.

The SQ arrested Trapper a few hours later and he was being detained at press time.

He faces several charges, including robbery, assault with injury, breaking probation and assaulting a police officer.

Trapper was also charged with damaging police property and evading arrest as he kicked out a window of the SQ cruiser and tried to get away. He was quickly caught and brought to a holding cell in Roberval.

Trapper was on probation for similar charges of auto theft when the incident occurred.

He was to appear at a bail hearing in mid-December in Roberval.

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Many people in Eeyou Istchee have Diabetes, or know of someone who does. Quite often this can be someone they love. We know that healthier food choices are important, but let's face it, sometimes they can border on boring. Well, not anymore! Each issue of *the Nation* will feature a delicious meal that keeps in mind the importance of health maintenance but does not forget rich and hearty satisfaction.



Baked Potato Pockets with Chili

4	large baking potatoes	300g
	olive oil cooking spray	
1	large onion, chopped	240g
2	cloves garlic, minced	
1 35-ounce can	no-salt-added tomatoes, chopped with juice	794g
1 15-ounce can	low-sodium tomato puree	425g
2 tbsp	chili powder	30g
1/4 tsp	ground cumin	1ml
1 tsp	crushed dried oregano	5ml
1/2 tsp	ground cinnamon	2.5ml
2 cups	cooked turkey, chopped	312g
1	medium-sized green pepper, seeded and chopped	240g
1 15-ounce can	red kidney beans, rinsed well	454g
	fat-free sour cream	
2 tbsp (per serving)	fat-free grated cheddar cheese	
	salt and pepper to taste	

Directions

1. Preheat your oven to 400°F.
2. Scrub the potatoes and pat dry. Prick several times with a fork. Bake directly on the middle oven rack (for the tastiest skin, don't oil the potatoes or wrap them in aluminum foil). Bake until soft to the touch, about 55 to 75 minutes.
3. Spray a large non-stick pot with cooking spray and sauté the onions and garlic over low heat, stirring until they begin to turn golden. Add the chopped tomatoes with juice, tomato puree, chili powder, cumin, oregano, and cinnamon. Mix well and then add the turkey, green pepper, and kidney beans. Bring everything to a simmer, and cook for 40 minutes.
4. Slice each potato in half, lengthwise and then cut a slash down the middle and open out. Spoon a cup of the chili on each potato half and top with a dollop of sour cream and a sprinkle of cheese. Makes 8 servings.

NUTRITIONAL ANALYSIS PER SERVING:

Calories: 326 Total fat: 3g Fibre: 11g
Protein: 23g Carbohydrates: 55g
Cholesterol: 29mg Sodium: 198mg



Northern

Another Dead Indian

by Steve Bonspiel

The 1990s were a tumultuous time for Native people in Canada.

The Oka Crisis changed this reporters' life at the tender age of 14 while serving as a wake-up call to the outside world.

Another important protest against the colonial takeover of Indian land happened in 1995 at Ipperwash Provincial Park in Ontario.

A small group of protestors gathered at the park to bring light to yet another injustice against the Stoney Point band.

During the Second World War, the Canadian military forcibly took the land in question as a base. They promised to give it back after the war, but as is the case in many Native-Canada instances, that promise was broken.

CTV's *One Dead Indian*, directed by Tim Southam, takes a closer look at the build-up



Eric Schweg and Dakota House

tions and leave others open to debate.

Dakota House of *North of 60* fame plays Dudley George and does a great job. He exudes youthful vigor and angst, and portrays George as a protector of Native rights and at the same time a little confused.

His heart is in the right place and he's winning the battle against alcohol, but he still acts irrational at times and has a history of run-ins with the police. That's not to say, of course, that the police were right to shoot him.

The movie is adorned with the usual Native drama suspects, including Jennifer Podemski, Gordon Tootoosis, and Pamela Mathews, among others.

In the end, Kenneth Deane, the police officer who shoots George, is found guilty of criminal negligence and is sentenced to two years less a day, plus 180 hours of community service. Deane does not miss a day of work,

nor does he get docked any of his pay or demoted.

The movie – probably for legal reasons – doesn't fully address Mike Harris' role in George's death. Many believe that he was the one who ordered the botched raid and is set to testify at the public inquiry in 2006. It was only after Dalton McGuinty's Liberal government was elected in Ontario that an inquiry was called.

One Dead Indian airs on CTV, January 4 at 8 pm.

New program to benefit Ontario Aboriginals

The Ontario government, in partnership with the Ontario Federation of Indian Friendship Centres, has established a new community-based program to help urban Aboriginal children and youth.

Starting this year, "Akwe:go," which means "everyone" in Mohawk, will be aided by the province who will provide more than \$2 million annually to the Ontario Federation of Indian Friendship Centres to operate Akwe:go in 27 communities. The program is part of Ontario's New Approach to Aboriginal Affairs, announced in June 2005, which aims to improve opportunities and create a better future for Aboriginal children and youth.

"Through Akwe:go, we are helping at-risk Aboriginal young people develop the life skills needed to make positive choices and overcome challenges," said Mary Anne Chambers, Ontario's Minister of Children and Youth Services. "Strengthening and expanding supports for urban Aboriginal children is part of our plan to achieve the best possible outcomes for all our children and youth.

Akwe:go will fund health resources, recreational programs and one-on-one activities, such as mentoring.

"The Ontario Federation of Indian Friendship Centres is pleased to be working with the Government of Ontario to look at changing the life experiences of urban Aboriginal children," said Sylvia Maracle, Executive Director of the Ontario Federation of Indian Friendship Centres. "Akwe:go is absolutely the right thing to do to improve the future for urban Aboriginal children and will contribute enormously to realizing our collective vision for urban Aboriginal children."

Each Akwe:go program is tailored to meet the specific needs of its community. Children, ranging in age from seven to 12, receive a personalized plan of action and access to resources, including:

- Teachings by elders, as well as other culturally relevant supports;
- After-school programs, where kids can get peer support or help with homework;
- Health resources;
- Referrals to community resources and agencies.

In some locations, Akwe:go also provides parents of at-risk children with support and training using traditional parenting practices.



Pamela Matthews, Eric Schweg (back)
Real Sam George, Dakota House (front)

to the tragic events in September 1995 that took the life of peaceful protestor Dudley George, and resulted in 28 blunt force trauma blows to Slippery George, another protestor.

Based on the book by the same name, *One Dead Indian* aims to answer some ques-

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Grand Council celebrates 30 years of JBNQA

By Lyle Stewart Photos By Will Nicholls



Mr & Mrs. Billy Diamond



MC, Albert Diamond



Grand Chief,
Mathew Mukash



Deputy Grand Chief,
Ashley Iserhoff

The Grand Council of the Crees used their annual Christmas dinner in Montreal December 14 to celebrate the 30th anniversary of the James Bay and Northern Quebec Agreement with a special tribute to the chief negotiators of the agreement.

Recently elected Grand Chief Mathew Mukash delivered a speech that marked the contributions of Ted Moses, Billy Diamond, Philip Awashish and Robert Kanatewat.

"It is important that we reflect on the role and importance of the James Bay and Northern Quebec Agreement in respect to the Eeyou/Eenou rights it recognizes and protects – lest we take those rights for granted," said Mukash to the roughly 200 people attending the dinner. About the chief negotiators, Mukash added, "so many things can be said. They were fearless and bold. We can see the results of their work today."

Putting aside the political acrimony of a hotly contested election last summer, Mukash noted that leading the Grand Council is not an easy job.

"I am only three months into my work as Grand Chief," he said. "And I have developed a great respect for former Grand Chiefs – Billy Diamond, Ted Moses, and Matthew Coon Come. Tonight is a recognition of those who helped build our nation and their influence on the direction our nation is heading in."

The JBNQA was signed November 11, 1975 after a four-year battle over the James Bay Hydroelectric Development Project – former premier Robert Bourassa's "project of the century." Other signatories (aside from the four mentioned above) included Fred Blackned, Matthew Shanush, Peter Gull, Smally Petawabano, Joseph Petagamaskum, Bertie Wapachee, Abel Kitchen, Walter Hughboy and Josie Sam Atkinson.

As Billy Diamond noted in his address, there was a new generation of Crees in the early 1970s who came to the forefront insisting on their rights in Quebec and in Canada.

"My father told me to take the white man's law and beat him

continued on page 11



Happy Holidays



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with it," said Diamond. In 1972, with the Malouf decision saying the Quebec government had to negotiate with the Crees, that's exactly what those early leaders did. And with the signing of the JBNQA, Diamond said, "We proved we can change history."

Diamond also paid tribute to the chiefs who were on the frontlines of the long battle to obtain the JBNQA, and emphasized the importance of family on the eve of the holiday season. "These are the lessons I cherish," Diamond said. "We always managed to get home for Christmas. Sometimes on the last flight on Christmas Eve, but



Chief Ted Moses, Diamond quipped, "In a way I was glad Ted couldn't make it... that's all we need: more speeches!"

Diamond warmed up the crowd with a more knee-slappers, including the following:

"A Québécois wanted to go goose hunting at Chisasibi, but it was explained to him that he could only hunt on category 3 lands," Diamond recounted. "So he goes hunting and shoots a goose, but it fell on to category 2 land.

"There's an old Cree hunter there, and he says to the man, 'You can't touch that goose, it's on category 2 land.' Well, the Québécois hunter happens to be a lawyer, and he threatens to take the old Cree to court.

"The old Cree suggests to the man that, 'We settle this in the Cree way, with the three-kick rule. We kick each other three times until one of us gives up.'

"The lawyer agrees, and the old Cree goes first. He winds up and kicks him in the groin. Then when he's on the ground he kicks again in the stomach. And then in the butt.

"The Québécois gets up off the ground and says, 'Okay, it's my turn.' But the old Cree guy says, 'That's okay. I give up, you can have the goose!'"

While the story is just a joke, the anniversary of the signing of the JBNQA shows there is a little truth in it as well.

we always made it home to stay together as family."

The change continues, he noted, as the torch is being passed to a younger generation of leaders. "We are changing as a society. We are an evolving society. And there is much more to do."

The JBNQA was won because someone had a dream, Diamond observed. "Our people had a vision. A people without a vision will perish. You must pursue that vision with a passion, because you can change history."

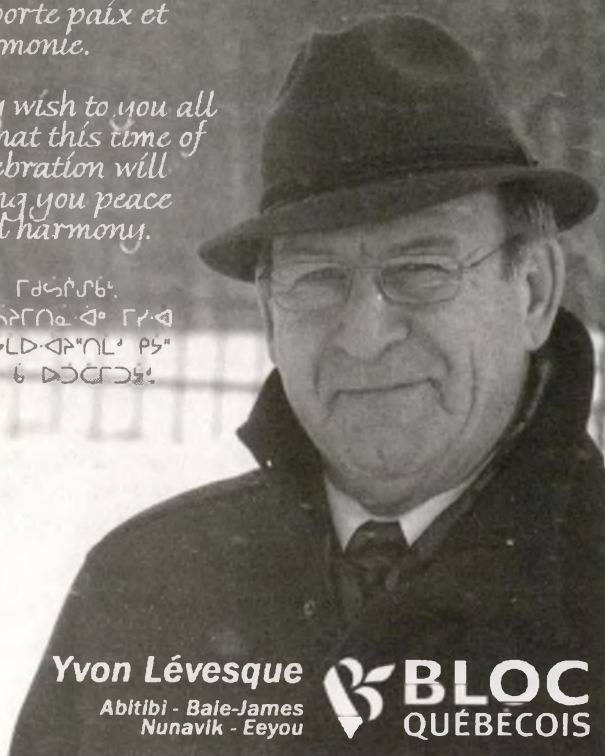
Levity during the evening was provided by AirCreebec President Albert Diamond, who worked the room as emcee.

In the old days, Albert Diamond observed, "we would feast at 7:30 pm. The drinking party would start at 10:30. Then we would go to a dance at midnight and dance till sunrise. That's what we're going to try to do tonight."

Noting the unexpected absence of former Grand

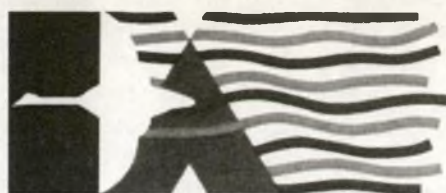


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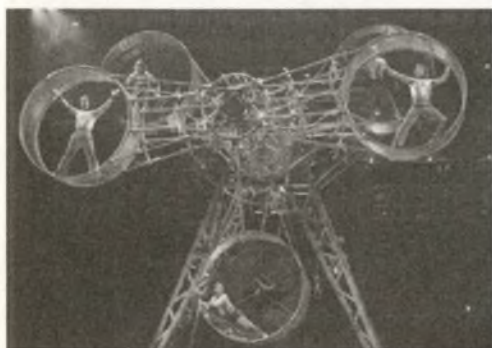




Crowing about Ka

New Vegas show is best yet for Cirque du Soleil

By Steve Bonspiel Photos courtesy of Cirque du Soleil



On a recent trip to Las Vegas for the first time, this intrepid reporter discovered Quebec's Cirque du Soleil in a whole new way.

After having seen a handful of Cirque shows in Toronto and Montreal, the one thing that impressed me about the Vegas shows was the fact that they don't try to shove their merchandise down your throat. We were there to see a show – sans intermission – and we were not going to be interrupted by an expensive plush toy of one of the performers thrown in our face.

The show itself was nothing short of magical.

For those of you who haven't had the chance to attend a Cirque du Soleil show – what are you waiting for?

Ka, showing at the MGM Grand, is pretty pricey. Seats range from \$99 to \$150 US, but the one-and-a-half-hour show, not counting airfare and hotel, is well worth the investment.

In short, it is a tale about twins separated at a certain point and their resulting adventures – which include constantly fighting for survival and staving off attacks from bad guys.

Even before the show started the audience was brought into a nether

world of elaborate Asian-like costumes and easily the most intricate set up in the Cirque's 20-year history.

The real star of the show, however, has to be the rectangular moveable stage. Anything that can gyrate from a flat, unassuming object to a sandy beach, then to a vertical battleground, and then somewhere in between, is very impressive.

The boat scene was also very cool. While trying to escape death and destruction, a group of passive



inhabitants flee via ship to more of the same at the hands of the gruesome sea. After the lively boat-rocking storm subsides, two of them survive and keep on trudging.

During their fantastical journey, they discover other amazing beings that add to the intrigue and mystique of the story. The crab, centipede and starfish were both funny and body-bendingly cool at the same time.

At one point the centipede almost rolls up into a reverse ball. This is amazing when you consider there is a man (or woman) in the costume and bodies aren't supposed to bend that way.

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Traveling on the ice cover during this period is strongly discouraged

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The map illustrates the Eastmain-1 nuclear site and its surroundings. Key features include:

- Reservoir Opinaca** and **Barrage OA-11** (Inventeur de crues Eastmain) in the northwest.
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- Reservoir Eastmain 1** (large central reservoir).
- Route Nemiscau Eastmain-1 (gravier)** and **Route du Nord (gravier)**.
- Rivière Nemiscau** and **Rivière Eastmain**.
- Lac Biggar**, **Lac Cranberry**, and **Lac Leitchenger**.
- Pontax** (Aéroport de Nemiscau) and **Residences d'Hydro-Quebec**.
- Rivière** (labeled on the left).
- Nemiska** (labeled in the bottom left).
- Scale bar** (0 to 10 km) and a **North arrow** in the top right corner.

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LES MINES INMET

During this festive period, the Troilus Division would like to take the opportunity to wish you happiness, peace and prosperity.



All aboard for the magical *Mystere* tour

by Steve Bonspiel Photos courtesy of Cirque du Soleil

Mystere couldn't be more aptly named. And the mystery of Cirque du Soleil's spectacle at Treasure Island is this: What, exactly, is the storyline? It doesn't really matter, as they pull it off without a hitch in this entertaining, 90-minute show.

Clowns are usually the bane of any show but *Mystere*'s clowns are funny and enjoyable to watch. At one point an audience member is pulled from his seat, locked in a cage and has his girlfriend seduced by the clown. She doesn't go for it but it's not for lack of trying on the clown's part as he pulls out champagne, has another audience member hold up a candle and tries to make her forget about her absent boyfriend.

The best part of the show was the two 150-pound guys of pure muscle. Some of the things they did while hoisting each other in the air defied logic – and gravity.

At one point the taller of the two reaches behind him to hoist his partner up by what seems like just his wrists, vaulting him slowly overhead and keeping him there in a series of mind-numbing exercises.

The best part of this particular act was yet to come.

Imagine how much weight your calves can lift. Now imagine holding a full-grown man up with your calves while resting on your belly, facing away from your partner. I didn't even think it was possible and it demonstrated the amazing abilities of the performers. Then near the end, the partner is lowered down onto



the ground, and unbelievably lifting back up again on the strength of those same iron calves. I was speechless!

Amazingly, this show had two clowns. The second was an oversized baby looking for his mama. The baby throws a giant ball into the audience and latches himself emotionally onto a female audience member who returns it to him. She then becomes his mommy and is brought on stage, driven around in a gold cart and squirted with water, all in the name of motherly love.

Although not as large in scope as MGM Grand's *Ka*, *Mystere* has its own appeal and is a pleasure to watch.

As in all Cirque shows, the costumes are vibrant, the performers are awesome and having a permanent place to stage such a spectacle is a huge plus.

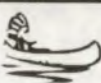
Although some acrobatics fall short of what has been seen in other shows, *Mystere*'s character and entertainment value are well worth the price. Ranging from \$60 to \$95 US, it should not be missed when in Vegas.

For tickets to any Cirque du Soleil shows, visit www.cirquedusoleil.com.

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by Will Nicholls

Turkey Madness

The holidays see so many turkeys gracing tables across the land. Most people are content to just pick at the bird's carcass after the main meal. Why not use the leftovers to make more meals and the rest of your holidays a little easier in the cooking department for your tired cooks? The recipes below are tried, tested and true. While I haven't managed to test each recipe personally, I nevertheless recommend them.

Turkey Stock

Any time you see turkey stock in the following recipes I recommend this recipe. It is a lot more work than using the store-bought turkey broth (when you can find it), but it's a lot tastier. Think of it as the difference between grilling a hamburger on your barbecue and going for a Big Mac. If no turkey stock is made or no turkey broth is to be found, then you can substitute chicken stock or broth as a last resort.

- 1 tablespoon vegetable oil
- turkey giblets (neck, tailpiece, heart and gizzard)
- 1 large onion peeled and chopped
- 1 stalk celery chopped
- 1 carrot peeled and chopped
- 1 teaspoon thyme
- 2 dried bay leaves
- 8 cups water

Place vegetable oil in a large stockpot over medium heat. Add turkey giblets and brown for 3 1/2 to 4 minutes. Stir in onion, carrots and celery, for 1 1/2 to 2 minutes until onion begins to brown.

Add water, bay leaves and thyme and bring to a boil. Lower the heat and partially cover. Simmer for 3 1/2 to 4 hours.

Strain the stock through a colander and cool in the refrigerator uncovered. When the stock is cool you can skim the solidified fat from the surface with a spoon.

You can season the stock with salt and pepper and serve it as a flavorful broth, or use it in soups, stews, and rice dishes. It will be good for several days when refrigerated, or freeze the remainder for later use.

Turkey Pot Pie

One of my readers wanted to share this recipe with us. At the time of printing I haven't had a chance to try it, but she said her family raved about it. Your recipes are always welcome at Will on the Grill.

- 6 tablespoons unsalted butter
- 6 tablespoons flour
- 2 cups home made turkey stock or store bought turkey broth
- 1 cup heavy cream
- salt and freshly ground pepper to taste
- 3/4 cup peas frozen and cooked according to package instructions
- 3/4 cup baby carrots frozen, cooked according to package instructions and coarsely chopped
- 3/4 cup fresh celery chopped and cooked
- 4 cups bite sized pieces of cooked turkey
- 12 small white onions or three medium yellow quartered

1 pastry shell 9-inch, prepared (frozen food department)

Preheat oven to 425 degrees F. Melt the butter in a saucepan, stir in the flour and cook for 2 minutes or until it turns a light brown color. Slowly add the turkey broth, cream, pepper and salt to taste. Cook until thickened and smooth about 5 minutes. Add the peas, carrots and celery and mix together for 1 minute.

In a deep, 9-inch pie plate or casserole dish, place the pieces of turkey and onions. Spread the sauce and vegetable mixture evenly over the turkey.

Place the prepared pastry shell over the top with enough overhanging to pinch down the sides and trim excess. With a knife, poke vents in the crust to allow excess steam to escape. Bake the pie in the preheated oven for 30 minutes or until the crust is nicely browned and cooked.

Remove the pie from the oven and allow it to cool for 10 minutes and serve.

Hangover Turkey Soup Meal

You're worn out from the big cookout for Christmas or New Year's and you hate the thought of hitting the stove yet again. Try this one out. It's simple, fast and healthy.

- 8 cups home made turkey stock or store turkey broth if you can find
- 10 ounces small onions chopped into quarters
- 3 celery stalks coarsely chopped on a diagonal
- 1 cup bow-tie pasta
- 2 cups fresh, firmly packed spinach leaves cut into narrow strips
- 1 tablespoon dried sage, crumpled
- 4 cups cooked turkey meat cut into bite-sized pieces
- kosher salt and pepper to taste (salt substitute as always is okay)

Bring the stock to boil in a medium-sized pot. Add the onions and celery and return to a boil.

Cook the bow-tie pasta according to the directions on the package while bringing stock to a boil.

Lower the heat and simmer the stock for 15 minutes. Add the spinach and sage and bring to a quick boil. Reduce the stock to a simmer and cook for 5 minutes.

Add the cooked turkey and the drained cooked pasta. Season with salt and pepper and serve.

Quick Turkey Stroganoff

This dish is fast, easy and adds a nice taste to a healthy meal.

- 4 cups turkey broth either home made or use store bought
- 1/4 cup dried porcini mushrooms (may use portabella)
- 1 pound fresh mushrooms (can use canned as last resort only)
- 2/3 cup sour cream
- 1/2 cup chopped fresh chives
- 2 cups cooked turkey breast meat shredded

continued on page 21

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fresh ground pepper to taste

Heat 1 cup turkey broth and pour over the dried porcini mushrooms in a small bowl. Soak for 20 minutes, strain the liquid through a fine sieve and put aside. Mince the mushrooms.

Add all the turkey broth to a large saucepan and add the minced mushrooms and pepper to taste. Simmer over a medium heat for approximately 20 minutes or until the broth is reduced by half.

Add the fresh mushrooms and simmer for 5 minutes.

Stir in the sour cream, and chives, then add the shredded turkey, simmer for 3 to 5 minutes and serve over egg noodles or rice.

Turkey Avocado Salad Sandwich

A little twist on my Cornish hen version. This is a great and healthy lunch.

1/2 cup mayonnaise

2 tablespoons lemon juice

1 1/2 cups cooked turkey meat diced

1/4 cup celery finely chopped

1/3 cup blanched almonds, coarsely chopped (may substitute cashew nuts)

2 ripe but firm avocados

lettuce leaves

1 firm tomato thinly sliced

whole wheat bread, sourdough rolls, or other bread of choice

salt and pepper to taste (salt substitute as always is ok)

Blend mayonnaise and lemon juice together in a mixing bowl. Add the diced turkey, celery and the almonds. Salt and pepper to taste. Peel the avocados, cut into slices and put on the plate.

Sandwich can be served open faced or closed using 2 slices of bread. Spoon two or three tablespoons of the turkey salad on top of the bread and spread evenly. Lay several slices of avocado onto the turkey salad, add two or three slices of tomato and top with leaf of lettuce and close with second slice of bread. Slice corner to corner and serve.

Options: If you get bored of this you can add curry powder to mayonnaise mixture. Another idea is to toss on a slice of your favorite cheese or crisp bacon strips. When adding cheese or bacon, don't use the nuts.

Turkey Pizza Party

Yes Virginia, there is a Santa Claus. You don't have to make the pizza dough this year but you can still enjoy pizza with pitas. Make a party of it with the kids and friends. The only thing you need to do is have a preheated oven at 450 degrees F, pizza pans, or baking sheets and serving dishes at the ready.

It's better to have all the various additions to pizza laid out in small dishes so that each person can add their own toppings.

6 or more slices of pita bread

olive oil

2 cups tomato sauce (see recipe below)

Suggested list of various toppings that should be placed on individual dishes so everyone can create their own combination of flavors. We prefer using our fingers to select items but you can place a spoon with each dish.

shredded cheeses (mozzarella, parmesan, feta, or a smoked gouda)

4 cups shredded cooked turkey

2 cups quick tomato sauce (see recipe below)

I would suggest between 1/4 and 1/2 cup of each item you wish to use

capers

olives, chopped

baby basil leaves

freshly ground pepper

roasted garlic cloves

slices of fresh plum tomatoes

anchovy fillets

thin slices of red onions

pine nuts

dried rosemary, sage or other herb seasonings

roasted peppers

fresh sliced mushrooms

crushed red pepper

Preheat oven to 450 degrees F and layout selected ingredients from the list above or any additional items that you may want to include.

Place all the toppings and pita bread on the serving counter.

Each person takes a slice of pita bread and lightly brushes it with olive oil followed by the tomato sauce. Then select any combination of the toppings and add them to each individual pita pizza. Meat should be first and the cheese should be the second to last addition. Finish with basil leaves, crushed red pepper and the like.

Place as many pita pizzas on the pizza pans or baking sheet as fit comfortably. Place the pan or baking sheet in the oven and cook for 15 to 20 minutes. The edges should become lightly crisp. Remove from the oven and allow the pizza to cool for a few minutes before slicing. Quartering the pizza will yield 4 slices.

Quick Tomato Sauce

1 teaspoon olive oil

2 tablespoons crushed and chopped garlic

1 can (28 ounce) plum tomatoes

3 tablespoons chopped fresh basil or dried mixed Italian herb seasoning

salt and pepper to taste

Using a medium-size skillet heat the olive oil over a medium heat. Add the garlic and sauté until slightly browned.

Drain the tomatoes and reserve liquid. Add the tomatoes to the garlic and break up with a wooden spoon. Add the basil or dried seasoning and blend in. Reduce heat to a simmer for 15 to 20 minutes. If sauce becomes too dry add a little of the reserved tomato juice and continue to cook for another 5 minutes until thick. Salt and pepper to taste.

Place the sauce in a serving dish along with the other toppings.

Crabs Anyone

No turkey in this one but I thought I would include this for those special times when you want to impress. You can use canned crab and it is still good. I know some people who have used lobster but I've always preferred crab as my shellfish of choice.

1 3/4 cups crabmeat

8 ounces cream cheese, softened

1/4 cup almonds, slivered

2 tablespoons milk

2 tablespoons onion, minced

1 teaspoon horseradish

1/2 teaspoon salt

1/2 teaspoon pepper

Combine all ingredients in a medium bowl, mix well. Spoon mixture into a 1-quart casserole dish. Bake at 375 degrees F for 20 minutes. Serve dip hot with assorted crackers. You can reheat with microwave if you refrigerate.



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From the staff of
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SOQUEM

Christmas Countdown!

**Sure you've got a gift for everyone?
If not, check out our last-minute gift ideas**

By Amy German

'Twas a week before Christmas and all through the house, a few were stirring as well, they have not yet finished their holiday shopping and the panic has really set in. Sound familiar?

The malls are jammed at this time of the year from the minute they open until seconds before closing as Canadians rush to that December 24 finish line. Not everyone tends to leave it all to the last minute but sometimes it's easy to let Aunt Martha or little Billy slip your mind while shopping for the rest of the clan. Or, perhaps you've had a change of heart about the boss as you see that unexpected bonus and well, it's time to show your gratitude.

Whatever the case, though, last-minute shopping can be tiresome, so a little organization and a solid game plan is the best strategy to get it all done.

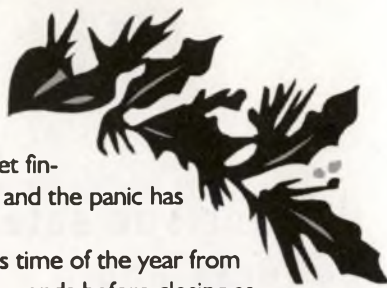
Things that will make her sing with delight

Traditional gifts for women have always been perfume, jewellery, lingerie and the like, but it's difficult to know precisely what she fancies. For those looking to heat up Christmas morning, lingerie distributors have a variety of suggestions for her from him.

La Senza has a variety of tulle, mesh and chiffon baby dolls in a whole bevy of colours that range from \$30 to \$50.

La Vie en Rose is also serving up a variety of suggestions, including a sassy little "Mrs. Claus set" for only \$39.95.

Of course, as the old song goes, "A kiss on the hand may be quite continental, but diamonds are a girl's best friend." If she has really been a good girl this year and money is no object, why not surprise



her with Birks' stunning diamond and pearl teardrop earrings, in 18kt white gold for \$750. If that's out of your price range and you're still looking to dazzle her, Birks has limitless other suggestions to fit every price range, such as multicolour 6-7mm freshwater pearl earrings in 18kt yellow gold for only \$95, or a sterling silver medium Gucci bracelet for \$75.

If designer scents are your girl's passion, what better to give but a gift set of her favourite aroma? Thierry Muglar's Angel is the world's largest selling perfume but if that doesn't strike her fancy, just about every celebrity from Shania to Britney to Paris has their own signature scent out these days.

Of course, when in doubt, give the gift of shopping! All major retailers offer gift certificates. If she's in need of a little pampering, send her to the spa for a day. Not sure of her fave scents or cosmetics? A gift card from The Bay, Aveda, The Body Shop, Yves Rocher or even Pharmaprix is a sure-fire path to a scent-sational holiday.

Big toys for big boys

While the lady of the house may be looking forward to luxuriating in her new loot this holiday season, men still wake up Christmas morning in the hopes of opening up the latest big boy toy or gadget under the tree.

Retailers like Future Shop, Best Buy and

even the local Wal-Mart have all the latest in electronic gadgetry to make any man happy. As the average video gamer these days is 29 and the average buyer 36 years old, the new Xbox 360, which retails around \$500, may just be the ticket. For Mr. Audio-visual, the new Apple 60GB iPod Video truly is the hottest item and it's also retailing for approximately \$500.

For the outdoor enthusiast, Canadian Tire suggests the Magellan Explorist 200 GPS system, a hand-held device that will get any guy from point A to point B and goes for \$209.99.

For Mr. Athletic, if he is in need, why not stop by Sports Experts and check out the latest snowboards; starting at \$49.95, there is gear for the slopes to fit any budget.

Of course if you've run the gamut and are still coming up clueless, a gift certificate for a massage, a night at his favourite sports bar or restaurant or even from his favourite store is a sweet way to merry up his holiday and fits nicely in the mail.



Little Wonders

With visions of sugarplums still dancing in their heads, kids can never wait to wake up Christmas morning to see just how attentive Santa was to their wish lists. As far as dolls go, Barbie is still the biggest seller for little girls. Toys R' Us boasts a huge selection of the collectable 12-inch lovelies starting at \$25. If she is more of a Bratz type of gal, check out their Rock Angelz Dolls at \$29.99. If she is more into the Disney Princess scene a Holiday Princess Cinderella Doll at \$19.99 could leave her gleeful.

A great deal of movie merchandise dominates the desires of little

continued on page 25

Season's Greetings!

On behalf of the Assembly of First Nations and AFN Regional Chiefs, I hope you enjoy a happy and festive holiday season.

May the Creator keep you and your loved ones safe and healthy throughout the New Year.



Phil Fontaine
National Chief

The Assembly of First Nations is the national organization representing First Nations citizens in Canada.

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From all of us at the Whapmagoostui First Nation



guys this season with *Star Wars Episode III* coming in on top. For boys 12 and up, the Toys R' Us has the Return of the Sith: Anakin Skywalker FX Lightsabre, about the coolest thing to have on the playground, for \$149.99. They also offer a variety of other Lightsabres starting at \$29.99.

The Sony PlayStation Portable (PSP) Consoles are still another hot item at the moment and Best Buy has them at \$299.99. Also very popular this season is Nerf Dart Tag

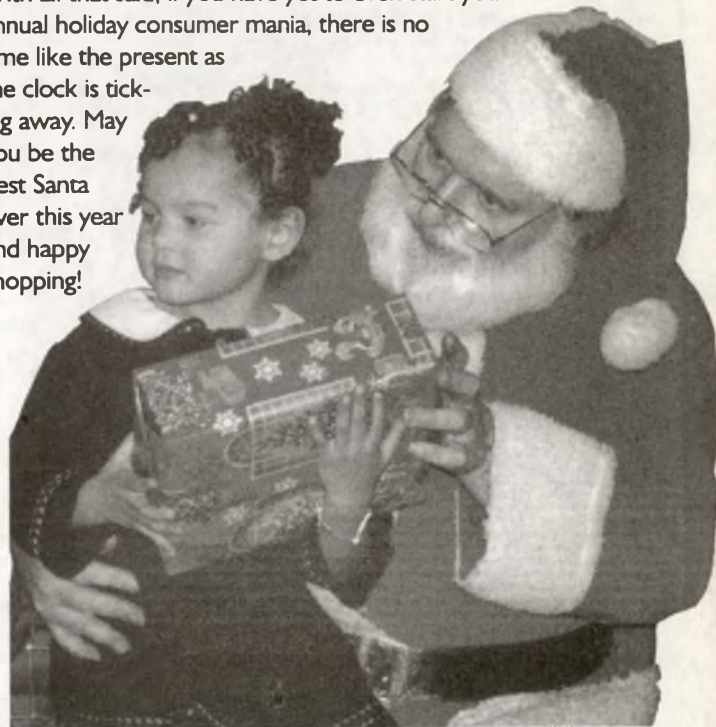
2-Player System, at approximately \$50, this durable foam fun

set works just like paintball without all the mess and is available at various locations.

Teens are always hard to shop for, but if they don't already have an Apple 2GB iPod Nano, that could make for a very merry Christmas morning. At only half the price of the video iPod, Best Buy has them at \$249. Another sonic suggestion that works for just about any gift giver's budget is a gift card from iTunes. Even at the absolute last minute, one visit to <http://store.apple.com> and you can have an iTunes gift certificate sent in minutes to your loved one's e-mail for \$10 to \$200.

Keep consumable gifts in mind when shopping last minute for the

co-workers. Any big name coffee shop from Tim Horton's to Starbucks has gift packages and baskets ready to go this time of year including Second Cup's collection from their "gift central," with gift ideas available from \$9.95-\$99.95. If you want to get the boss something of distinction without getting too personal (i.e., no lingerie!), the Société des alcools du Québec is offering a large selection of gift boxes to suit any price range and any taste buds. With all that said, if you have yet to even start your annual holiday consumer mania, there is no time like the present as the clock is ticking away. May you be the best Santa ever this year and happy shopping!



The Nation

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Cover date on magazine	Volume & Issue No.	Deadline to receive ad material
2006		
January 6	13-04	December 23
January 20	13-05	January 6
February 3	13-06	January 20
February 17	13-07	February 3
March 3	13-08	February 17
March 17	13-09	March 3
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UNDER THE NORTHERN SKY

What Is Christmas?

by Xavier Kataquapit

You know Christmas is just around the corner when you start seeing the red, green and white lights strung out around the windows and roof ledges. As a young boy I remember my parents and older siblings preparing the Christmas tree. One of the first things to be put on was the string of Christmas tree lights. We never used very many. There was only enough money in our family budget for a string or two of lights. That was more than enough to decorate the artificial tree and fascinate us younger children in the family and draw us into the holiday spirit.

As far as I was concerned, Christmas was a time to receive gifts, period. Adults presented it as a time to be happy and a period that was almost entirely devoted to pleasing children and young people in general. It was, and is, supposed to be great to be a kid during Christmas.

In a small remote community like my home of Attawapiskat, no one took the time to explain the traditional non-Native stories and folklore of the Christmas holiday. We were pretty far removed from all that. In our history, we had been converted and taught by the Catholic religion to be devout Christians. The only thing we learned as children was that Christmas was the day that celebrated the birth of Christ. Gift giving was symbolized through the presents that were given by the three wise men from the east in the story of Christ's birth.

We heard of Santa Claus every Christmas and he was a symbol of the holiday in everything that we purchased and saw on television. However, no one in our family ever explained to us the significance of Santa Claus. Our parents had grown up in a very traditional lifestyle of hunting, gathering and moving about the land. With the coming of the Europeans, life changed for us and our people had been converted to a new religion. This religion was interpreted through very devout followers and they did not promote much folklore or non-religious ideas or practices. This included the story of Santa Claus.

Our parents and grandparents must have been very confused over the meaning and purpose of Christmas. On one hand, they had religious leaders telling them to celebrate Christmas as a Christian holiday commemorating the birth of Christ. On the other hand, in modern times, there was a newer and louder message that Christmas was a commercial period that included consumerism, an adoration of the image of a man in a red suit with eight reindeer and a time to indulge in excess

and celebration.

Before we had television, our community followed a few traditions from the European culture during the holidays. There were gatherings and celebrations and some gift giving. When I talk to Elders they tell me that Christmas back then was not as significant as it is today. The biggest reason to celebrate was because church informed everyone that this was an important Christian holiday.

In the 1970s, when our world was opened up through the window of television, we started seeing and following the traditional North American and European traditions of Christmas. From that time on, we copied whatever everyone else in the Western world was doing. This involved the story of Santa Claus. I don't think we really understood what this was all about, but we knew that it was how the holiday was celebrated.

I was about 12 or 13 when I really started to understand who Santa Claus was. Up until then, he was just a man with a white beard in a red suit that was associated with Christmas somehow. There was some description or explanation from our non-Native teachers at school but I think that most people from outside our community assumed that we had some knowledge of European traditions and customs. This is still evident today. I had a conversation with a friend of mine recently about this subject. He grew up in a typical non-Native European Canadian family. At an early age, adults told him stories about Santa Claus and about the fact that this man flew throughout the globe on Christmas day to deliver presents to all children. He was surprised to find out that this was not the story I grew up with.

I don't have a lot of imaginative childhood memories of Santa Claus coming down my chimney and delivering presents. Our family did not leave milk and cookies for jolly old St. Nick. I had a hard time with the flying sleigh and reindeer too. Come to think of it, I was just as confused as my parents in trying to figure out what this time of year was all about. My best memories don't include Santa, presents or religion but rather spending time with family and friends in a warm home during the coldest time of the year. The worst memories I try to forget. Some people think that Santa Claus is really the manifestation of love. I like that explanation enough these days to declare that I really do believe there is a Santa Claus.



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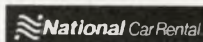


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Card or not, Crees have right to health care

This is in response to Will Nicholl's editorial in the Nation ("Deadly Bureaucracy," October 28, 2005). It was unfortunate that you contracted acute tonsillitis and had to run around to see how you can be served as a beneficiary. I hope that you are now completely healed from your tonsillitis.

To begin, I would like to explain to you the jurisdictional responsibility of Cree Board of Health and Social Services of James Bay. I think that it is important to understand this in order to avoid certain expectations in the future.

The health care and social services system in Quebec is based on geography. There are 18 regions. The CBHSSJB is region 18. The CBHSSJB has the same role and responsibility for the health and wellbeing of all people living in region 18 (category 1 and 2 lands of Iiyiyu Aschii). Whether an individual is a beneficiary or not does not change the services provided. Any person living or traveling on the territory will be attended to in any emergency even in the absence of a medical card.

The CBHSSJB is currently in a phase of reorganization and we are lacking an accessible client information system that would normally contain relevant patient information. If it had been in place at the time of your incident, you would have called the attendee and he or she would have recommended you to go directly to the hospital without worrying about a medical card. We hope to have this kind of information system in place in the next few years.

The Cree Patient Services in Montreal exists specifically to oversee beneficiaries with specific needs that come down from their communities to receive specialized services. They are not directly involved in the care of patients except for those who are referred by doctors from one of the Cree communities. (Some Public Health workers are still temporarily in Montreal for historical reasons and because there are not enough houses in Iiyiyu Aschii at this time to accommodate them. They are involved in population health approaches and not in individual care provision.)

I hope this clarifies how our system currently functions and that it may help you and your readers to have a better understanding of how we try to accommodate beneficiaries to the best of our capacity.

Sincerely,

Joanne Bezzubetz,
Executive Director, CBHSSJB

Cree School Board Regional Education Symposium 2005

By Caroline Mark Photo courtesy Caroline Mark

The Cree School Board (CSB) held a Regional Education Symposium in Val-d'Or November 15-17 on the theme of Languages: Paths to Student Success.

The Cree School Board aspired to have the teachers benefit professionally from holding a symposium which would allow them to share pedagogical resources and information as well as to make contacts with other teachers. The last conference held was in 1997 and this symposium was a long-awaited event for many teachers, professionals, administrators and management of CSB.

There were many workshops offered through the three-day symposium by both outside presenters (21 outside CSB) and inside presenters (many teachers and professionals of Cree School Board). Other important presentations included information on CSB departments' roles, the CSB 5-Year Strategic Plan, the Teacher/Professional Sharing Sessions, and the round table discussions on Cree as Language of Instruction Program (CLIP).

Several keynote speakers were invited and they provided much insight on Native Education and the importance of languages on curriculum to enable students to succeed. They included Ruth Norton, M.Ed; Grand Chief Matthew Mukash of the Crees of Eeyou Istchee; William Mianscum, Chairperson of Cree School Board; George Blacksmith, candidate for Ph.D; Dr. Emily J. Faries; and Robbie Wabinauskum Dick. Students Nikki Baribeau and Stacey Neeposh, who won the public speaking contest in March 2005, also participated and reiterated their winning speeches.

The results proved to be a far more than expected. Teachers said they had extensive learning experiences from the various workshops they attended and from the keynote speeches that focused on the importance of language.

The Cree School Board is looking forward to build on the symposium that it has recently held and hopes to host one every two years for its teachers, professionals and management.



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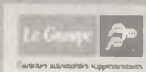
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BIRTHS - 100

I'd like to congratulate my cousin, Wayne Atsynia, and his girlfriend, Marcia Georgekish, on the birth of their daughter "MayKaylee Alexis Dawn". You two are gonna have so much fun seeing her grow through the years and seeing her in her own little world as she begins to discover new things each day. Never take any moment for granted and always make the time for her because they grow so fast. Again, congratulations and hey, have fun! From: Shanna & Hope.

I would like to congratulate friends of mine, first time mommy and daddy, Heather Kitchen and Alex Moses, for having their first baby on my birthday...J, Dec. 8 2005. Happy birthday to baby Pierce!! Congratulations and take care of the little one! From Wil and Devon

BIRTHDAYS - 101

Happy 2nd Birthday to our cute adorable little girl Kaydence precious Atsynia on December 3rd /2005. We hope your day is as special as you are and enjoy your "Dora Birthday Party." We wish you a Happy Birthday and many Birthdays to come. We love you very much Hugs and kisses. Love always Mommy & Daddy (Wemindji).

Happy belated birthday to a good friend of mine TRACY FRANK (Nov 30), Waskaganish. Wanted to wish you happy birthday and sorry we didn't get a change to party together....LOL. Hope you had

fun and got whatever you wished for.....take care my bud. from your friend BARB'S (Wask).

Birthday wishes going out to my grandniece ANISHA JACOB-BLUE-BOY (Dec 5), and. To my nephew RODNEY BLUE-BOY and to my niece JAMIE JACOB (both on Dec 13). Hope your birthday will be as special as the both of you.... whatever you got planned, have fun.....I love you both and Anisha hope you had fun on your birthday.....hope you had alot of gifts..... again happy birthday to the three of you....with all my love your Auntie BARBS (Wask).

I would like to wish my older brother Scott Neeposh a happy birthday on Jan.10. Hope u have fun on your birthday...which I'm sure u will take care of!! Luv you and Enjoy ur day! Luv always ur SIS Wil and ur nephew Devon...Hey Uncle, my birthday soon too, What are you gonna buy me?? XOX.

Birthday Greetings going out to a very special little boy who will be turning 4 yrs old...ALREADY! Happy birthday my boy and enjoy ur special day just as you are to me! Luv Always Mommy or as u sumtimez call me...Wil...Miss you, come home soon!!

Birthday wishes going out to John Mamianskum of Whapmagoostui. Well, its that time of the year again, when its kinda of hard to admit..that we are getting

older.(jk)..I wish you the best life has to offer, may all of your dreams/wishful thinkings come true..and I know which ones..haahha.

Never mind about the ones that think that you will never make it...You did, my friend, and I am grateful to know you. Happy Birthday on December 21st, have fun during the holidays with your family. From (aka) BLT..stay cool and outta of trouble..xoxoxoxo.

Merry Christmas to my sons Aiden and Eldon-Starr and my nephews, Derial, Ashton and Kyran Rupert. I love you all so much and may all of you get what u deserve (yoyo and Kyran, I hope you get alot of spidermans). Hugs and kisses to all of you! Merry Christmas to Vincent. I love you and I thank you so much for our understanding, love and most of all your patience. Christmas Greetings to my dad Isaac and my sisters, Suzie, Stephanie and Makayla. Luv, Donna.

We would like to wish our daughter/sister, Andrea Moar, a Happy 21st Birthday on December 20th. We hope your day is as special as you are to each and every one of us. With love from your family, mom & dad, Martina, Jennica, Desmond & Kenny. Waskaganish, Que

We would like to wish a Happy Birthday to our daughter and sister Lillian Swallow on Dec. 25 and also Merry Christmas. Ha Ha you only get to open gifts once a year. We want to thank you for every-

thing you've done for us, words cannot express how much you mean to us. We thank the Lord for blessing us with a daughter and a sister who is so loving, caring and understanding. May God bless you and keep you and may he bless you with a good hearted man (LOL). Much love from mom, dad and your sisters.

We would like to wish our grandsons Mark and Malachi a Happy Birthday. Mark will be celebrating his 2nd birthday on Dec. 21, you've now reached your terrible two's, remember now...grandma and grandpa can't run that fast anymore and Malachi will be celebrating his 1st birthday on Dec. 26 also Happy 1st Christmas. It's been great watching you grow this first year. You both have brought so much love, joy and laughter in our lives. Our love for you grows everyday. Much love, from Gookum Emily and Goomshoom Philip Swallow.

It is a pleasure to wish our wonderful nephews Mark & Malachi Kooses a happy birthday. Mark will be celebrating his 2nd birthday on December 21 & Malachi will celebrate his 1st birthday on December 26. May you both have many more birthdays to celebrate. You bring so much love & laughter in our lives. Everyday you brighten up our days, you always bring smiles on our faces. We love & appreciate you so much, lots of love from your aunties Lillian, Erica and Mary Swallow.

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I would like to wish a happy belated birthday to my adorable nephew/godson, Ayden Carson!! He celebrated his 2nd birthday on Dec 7, sorry I couldn't be there on ur special day. Lots of love : Auntie Merissa. See you soon...xoxox

Happy Belated 6th Birthday to our Lovely daughter Shaylynn Grace on Nov. 14/05. We know you're all excited for this day to come, to have your family & friends over for a Cinderella Birthday Party. We sure did have a lot of fun. Happy Birthday & we love you very much. Love Mom & Dad.

Our big sister Shaylynn Grace celebrated her 6th birthday on Nov. 14/05. We love you so much even though you make us cry

sometimes. You received a lot of gifts on your day, and you still managed to share them with us. Guess that's what sister's are for eh! Once again, Happy Birthday! I With lots of love, your lil' sisters, Shania Destany & Marissa Trinity.

Happy 2nd Birthday to our special daughter, Karissa on December 16. You are growing so fast and you bring us happiness and joy, each moment we shared with you since you came into our lives. We love you dearly. Love from Mommy (Judy) and Daddy (Raymond)xox.

PERSONAL - 300

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Trapped (Poem) To my love: I am a person who loves her/ No one understands her/ I am a person who understands her/ People don't see she is hurting/ I am a person who sees the real her/ Family and Friends control her life/ I am a person that stands beside her/ She



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wants to hide and disappear from all/ I am a person who will run with her/ She loves me and wants to be with me/ I am a person that will be there for her, love her, understand her/ I am a person who truly loves her. Anonymous.

Hi Thumper. How are you doing I have not seen you in a long time. I miss you, I wish I can see you more, I know that we both have things to do. You have your school and I have my work. I know in time we will find the time to see more of each other in the near future. I love you. yours and forever Ducky.

Hey!!! Alex Macleod from Waskaganish... Where are you???? Well! I just hope you see this ad. It's me again...from room

#118..(val-d'or) just wanted to say happy ho! ho! ho!, to you wherever you are..(bush man with big blue eyes)..lol later from: me....

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CHRISTMAS GREETINGS - 500

Merry Christmas and Happy Safe New Year to everyone in Kawawa. From: Gregory, Joanne, Mark, Annika and Patrick Tooma in Montreal.

**Best wishes for a Happy Holiday Season.
May you all have a Merry Christmas
And a prosperous New Year in 2006 !**



*Chief John Longchap, the council and members
of the CREE NATION OF MISTISSINI*

CLASSIFIEDS

We would like to wish a very Merry Christmas to our Little SpongeBob, to our son, Kasen Jerome William..This is your 2nd Christmas, Wow! Time really flies. We hope you get lots of SpongeBob things cause we know how much you love him. We love you so so much Kay. We can't wait to see you open your presents. Lots and lots of kisses. Love always: Mommy and Daddy (Chis).

I would like to wish a happy holiday to a friend of mind in Waskaganish (r.k.k). Hi Randy it's me ..have a safe holiday from: ur friend in ..????-??????????.Que. (I think)..lol...ho! Ho! Ho!

We would like to wish all our relatives in Ouje-Bougoumou a very happy holidays too.....we love you all so much.....fr:25-natstaganou,ouje,que...ho ho ho to you all.xoxoxox.

I would like to wish everyone in the Cree nation a Merry Christmas and a Happy New Year. May you all be happy with your families and have a nice and wonderful time with them.

I want to wish my family a very merry x-mas. I miss you all, and hope to be home next summer if all goes well. I miss you Makayla, Derek(boy),and Mary my beautiful grandchildren. Eric take good care of them. love and kisses, googooannie.

We just want to say "Merry Christmas" to the following special people: Our big girl Angelina, whom we still have in our hearts and to her boyfriend Billy. Also to the rest of the gang @ 339 Amisk in Mistissini. Have Fun! Anita Trapper and Elijah Matoush. Take care! My namesake Alex Wapachee in Nemaska, (we miss you) also to his 2 little brothers Darren and Adam and their mom M.T and Joel. Sally & Charlie and boys, Robert & Christine and boys, Freddie & Yannick and children, Monica & David and family, Isabel & Joseph Wapachee (all in Nemaska). Love from Judy, Raymond and Karissa xoxox.

We want to wish a "Merry Christmas" to our family in Ontario: My baby sis, Betsy & Donald and their children. My bro. Stephen & Greta and girls. My bro. Peter & Ann and girls and the grandkids. My nephew, Peter and his g/friend Tera. My Nephew Kenny Jr. My niece, Correen & David and girls (all from Moose Factory). My bro. Ken & Louise and girls, also to his in-laws, Ruby & Raymond. My niece, Lorraine & Mike and their girl Keisha (all from Moosonee). My sis Lorna (in Timmins) Miss you all!! Love from Judy, Raymond and Karissa Capissisit, Oujebougoumou. P.S. Also from Susan, Brandon, Annaliisa & Michelle.



Ho, ho, ho.... May the joy and peace of Christmas reach all of you during this holiday season.

Enjoy this Christmas time with your family and friends.

From all of us at the Cree School Board

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holidays!**



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